



RECIPES

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| Apple Cinnamon Wrap and Roll | 3-19 |
| Baked Kale Frittata | 2-16 |
| Baked Squash | 10-23 |
| Banana Oatmeal Muffins | 7-15 |
| Broccoli and Black Bean Quesadilla | 10-18 |
| Broccoli Stir-Fry | 10-17 |
| Carrot Confetti Salad | 2-21 |
| Carrot Pineapple Salad | 1-15 |
| Carrot Spice Muffins | 2-20 |
| Chick Pea Dip | 7-12 |
| Chicken Curry | 1-13 |
| Cinnamon French Toast | 6-5 |
| Cottage Cheese Dip | 4-15 |
| Crustless Spinach Pie | 5-22 |
| Easy No-Bake Mac and Cheese | 4-18 |
| Fruit Salad | 3-16 |
| Hot Pot Cabbage and Meatballs | 10-16 |
| Mediterranean Squash Stew | 10-19 |
| Mini Pizza | 6-8 |
| Portuguese Kale Soup | 2-19 |
| Quick and Tasty Veggie Soup | 10-5 |
| Roasted Herb Potatoes | 10-15 |
| Scalloped Potatoes | 2-18 |
| Smoothies | 4-6 |
| Thai Cabbage Noodles | 2-17 |
| Tossed Salad | 2-28 |
| Tuna Salad in Pita Pockets | 5-19 |
| Veggie Rice Pilaf | 1-14 |

